



“College Admission Does Not Guarantee A Smooth Adjustment!”

Learn How to Get a JumpStart! On Psychological Health BEFORE the First Semester Starts

Join Dr. Joel Ingersoll, a NJ Licensed Psychologist and Certified Master Coach for a students and parents program on **Tuesday, December 11th at 7:00 pm in the River Dell High School Library.** Dr. Joel will lead a one-of-a-kind experience, designed to help you maximize your student’s psychological adjustment to college and give them an edge in thriving throughout their first semester experience.

During the program you will learn:

- **First semester and college mental health trends affecting students**
- **Skills to develop before campus arrival to ensure smooth adjustment**
 - **Troubleshooting first semester challenges to mental health**
- **Key Emotional Intelligence skills for college & career success**
 - **Critical insights into college mental health resources**
 - **Tips on how to manage the college “Psychological Flu”**
 - **Plus! Open Q & A with Dr. Joel**



Dr. Joel Ingersoll, president and founder of Take On College, helps students develop effective high school and college transition and career success skills, and helps their parents become more effective and supportive collaborators. Dr. Joel is a NJ licensed psychologist, student coach and counselor, and a peak performance consultant. He has served for over 10 years on college campuses under the titles of Staff Psychologist, Coordinator of Alcohol & Other Drug Services, Affiliate and Adjunct Faculty, and Associate Director of Counseling.

Dr. Joel has a PhD in Clinical Psychology, an MA in Applied Social Psychology, and a Master Coach Certification (CMC). He's the author of the forthcoming book, Take On College: Winning Strategies for College & Career Success! and the host of the Take On College Podcast.

Dr. Joel has assisted numerous campus wellness initiative committees, served as an Advisor for student organizations including Chapter Advisor for Active Minds, and provides sports psychology consultation with collegiate athletic teams and coaching staffs, as well. He's led over 200 high school, higher education and corporate trainings and seminars. He's been featured in academic journals, popular magazines and newspapers, and on radio and television. In the past 15 years, Dr. Joel has empowered thousands of students to prioritize their physical and psychological health and maximize their college potential.

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